

Abbreviations

SHeS	Scottish Health Survey
MVPA	Moderate-to-vigorous intensity physical activity



Brief critique of Scottish surveillance of child and adolescent physical activity and health derived from the 2016 Active Healthy Kids Report Card process

1. Physical activity data collected by SHeS measures of total volume of physical activity, but are often misinterpreted as measures of MVPA (most physical activity is light intensity, not MVPA)
2. No MVPA data on school age children are available in SHeS because it does not measure MVPA, as described above
3. SHeS methodology for measuring physical activity in children is invalid
4. Sedentary behaviour (i.e. sitting time and fragmentation of sitting time) not included in any Scottish data source
5. Scottish data sources should refer to the current national/international recommendations so that the data can be interpreted in a useful manner: use early years PA recommendations for early years samples in SHeS (currently applies the school-age MVPA recommendation which is inappropriate); express recreational screen time measures in relation to recommendations (not more than 2 hours/day) not arbitrary thresholds (e.g. ≥ 4 hours/day in SHeS)
6. When data are combined this should be considered carefully (e.g. combination of 8-21-year-old data in Scottish Household Survey) as it makes the data much less useful; if this is done for reasons of small sample size alternatives should be considered (increasing the sample size, combining data over several surveys).
7. Active commuting to school is over-surveyed - multiple sources produce similar results, yet there is no surveillance of active commuting on the 160 days or so per year that children do not attend school
8. Some SHeS measures are widely misunderstood/misinterpreted - it would be useful if the descriptors used for the data reflected what was actually measured and not measured (e.g. there is no specific measure of participation in organised sport in SHeS, and no specific measure in any other Scottish data source); Active and Outdoor Play is an important indicator which is not specifically measured (e.g. SHeS includes indoor active play in their measure). Resulting in an inconclusive grade in the report card.
9. We have two very useful documents in Scottish Policy, the Play Strategy and the Sporting Legacy, both are imperative to increasing play and sport provision and prevalence in Scotland. However, with no specific surveillance of either active and outdoor play or sports participation, it is not possible to measure implementation and impact of these policies. Surveillance needs to be joined with policy so that we are able to measure the behaviours we are trying to change.
10. There is no direct measure of parental/family influence on child/adolescent physical activity and health outcomes, Scottish data sources should consider linking parent and child data (this is not possible at the moment since many data sources do not measure and interpret outcomes appropriately).